

Junior

Virtual Field Trip 6 Stress Management and Coping

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Gratitude



School
Mental Health
Ontario

Santé mentale
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Introduction

Every day, educators and students are exposed to big and small challenges that can contribute to feelings of stress. This year educators and students have risen to the challenge in innovative and creative ways, connecting and building meaningful relationships with students and families. As the impact of the pandemic continues to evolve, providing opportunities for explicit skill development will continue to be an essential part of bolstering positive student mental health. As an educator, it is equally important to prioritize your own well-being.

School Mental Health Ontario, in partnership with *Ophea*, is offering a series of lessons to support the development of stress management and healthy coping skills. The activities in these lessons provide an opportunity for skill development and modelling for both students and educators.

Each lesson will provide:

- A **minds on activity** for both educators and students.
- An **action** – through a video, classes will participate in a '**virtual field trip**' that provides opportunities for students and educators to learn, practice and develop skills to cope with and manage stress.
- A **consolidation** activity for follow up after the virtual field trip.

In this series of six lessons we will:

- Explore the connection between mental and physical health.
- Discuss the benefits of physical activity for stress management.
- Practice stress management coping skills.





Grades 4 – 6

Lesson Plan

This is the sixth and final lesson in this series to support the development of **stress management** and **healthy coping skills**.

By demonstrating a range of stress management strategies, both students and educators will have more options and ideas for staying mentally well during difficult times. It is important to note that different strategies work for different individuals. Sharing a range of strategies over time will allow students the opportunity to try them out and determine what works for them.

OVERALL EXPECTATIONS:

Strand D, Healthy Living

This chart provides a brief summary of the mental health literacy topic learning, that this lesson will address, for **grades 4 – 6**.

Mental Health Literacy topic	D1 Understanding Health Concepts	D2 Making Healthy Choices	D3 Making Connections for Healthy Living
Grade 4		D2.5 Healthy choices to support Mental Health	D3.3 Stress Management (cognitive, behavioural)
Grade 5		D2.6 How to help others, when to seek help	D3.4 Stigma awareness
Grade 6	D1.4 Seeking help-professional helpers D1.5 Connecting thoughts, emotions and actions		

Strand A, Social Emotional Learning (SEL) Skills

The chart below provides an “at-a-glance” summary of SEL skills. SEL has been shown to support student emotional wellness, when offered in the context of a caring, inclusive, equity-minded classroom setting. When student identity is affirmed, and skills are introduced in a developmentally-appropriate and sequenced manner, students can select and adopt social-emotional strategies that build on their strengths. The highlighted skills will be the focus of this lesson series. Learning related to SEL skills are woven throughout the health and physical education curriculum for all grades.

Students will learn skills to:	So they can:
<ul style="list-style-type: none"> • identify and manage emotions 	<ul style="list-style-type: none"> • express their feelings and understand the feelings of others
<ul style="list-style-type: none"> • recognize sources of stress and cope with challenges 	<ul style="list-style-type: none"> • develop personal resilience
<ul style="list-style-type: none"> • maintain positive motivation and perseverance 	<ul style="list-style-type: none"> • foster a sense of optimism and hope
<ul style="list-style-type: none"> • build relationships and communicate effectively 	<ul style="list-style-type: none"> • support healthy relationships and respect diversity
<ul style="list-style-type: none"> • develop self-awareness and sense of identity 	<ul style="list-style-type: none"> • develop a sense of identity and belonging
<ul style="list-style-type: none"> • think critically and creatively 	<ul style="list-style-type: none"> • make informed decisions and solve problems

For a more detailed overview please see [Appendix A of the 2019 HPE Curriculum](#).

LEARNING GOALS:

EDUCATOR	CLASS
<p>As educators, we are learning to build the confidence and competence to:</p> <ul style="list-style-type: none"> • explore the connection between our mental and physical health. • discuss the benefits of physical activity for stress management. • practice and model stress management coping skills. 	<p>As students, we are learning to build confidence and competence to:</p> <ul style="list-style-type: none"> • explore the connection between mental and physical health. • explore gratitude as a possible tool to help us cope with stress.



SUCCESS CRITERIA:

Co-create success criteria with your students using the following questions:

- How will we know we are achieving our learning goals?
- What will it look like/sound like?

Re-visit the success criteria you created from [the previous virtual field trips](#). What opportunities are there to extend the learning?

For example:

- I can recognize that stress is a part of life and that it can be managed.
- I can learn ways to respond to stressful challenges.
- I can practice, observe, and apply strategies to help manage my stress.

CONSIDERATIONS:

- ▶ Approaches to all instruction, including Social-Emotional Learning (SEL) skills, must be mediated through respectful conversations about students' lived realities, inequity, bias, discrimination and harassment. Starting with self-reflection about yourself, the classroom and the situations individual students in your class may be coping with is key. It is important to remember that our students face a range of challenges that are relative to their personal, social, and cultural lived experience. They also have existing ways of coping. Be sure to consider sources of stress and examine and address structures that reinforce inequitable conditions that add stress to you, your students and entire communities. Through instruction and modelling, we can help students practise new and bolster existing coping strategies.
- ▶ This virtual field trip lesson is intended to be embedded as part of your school day. Our collective learning takes place on many different traditional Indigenous territories all across Ontario. We are grateful to be able to work and learn locally on these lands. As a school in Ontario we understand morning routines, including a land acknowledgement specific to your location, will have taken place prior to this field trip.
- ▶ The focus on emotions may be difficult for some students. Be prepared to connect students to additional supports if needed. Refer to the [ONE-CALL Desk Reference](#) for more information, and take time to consider your school and board circle of support and service pathways. Know what to do, and who to connect with, if a student seems like they might be struggling with their mental health.
- ▶ An effort has been made to include different options for each of the activities. Please feel free to offer further modifications and accommodations based on the individual student need(s) in your classroom. Also, note that all videos have subtitles. You can choose to have captions by clicking the small 'CC' button at the bottom right of the video screen.



MINDS ON

This virtual field trip focuses on **gratitude**. Gratitude is when we express appreciation and thanks for the good things in our lives. We can be thankful for what we receive, the people who surround us and the fun and interesting things we get to experience and do. Gratitude is a way of thinking, one that you can practice, develop and cultivate. Gratitude also helps you manage stress and can bring more positivity and joy into your life.

Please complete this Minds On activity before participating in the virtual field trip.

EDUCATOR	CLASS
<p>Viewing the world and relationships through a lens of gratitude can help us notice and appreciate the positives in life, even when facing a challenge. Use the prompts below to help you notice and acknowledge the things that you are grateful for.</p>	<p>Choose from the following options:</p> <ul style="list-style-type: none"> Positive Post-its This activity is designed to cultivate and support kind interactions and positivity. Be sure to check out the suggested adaptations on this card for other ideas that might fit the needs of your students. <ul style="list-style-type: none"> - Everyday Mental Health version (ETFO) - Faith and Wellness version (OECTA) Inspirational Snowball Fight This activity provides a fun way for students to send each other positive affirmations and encourage an optimistic outlook. Adapt this activity to meet the needs of your students. Some may prefer to draw their ideas, or verbalize their ideas for someone else to write down. <ul style="list-style-type: none"> - Everyday Mental Health version (ETFO) - Faith and Wellness version (OECTA) KWL Chart Use <i>Ophea's Student Resource</i>: Recordable Learning Tool, KWL Chart to find out what students know and what they want to know.

ACTION TASK: VIRTUAL FIELD TRIP VIDEO

In this video, students and educators will learn **why** gratitude is a useful tool to help us cope with stress, and **how** we can practice gratitude. You will also hear examples of gratitude from students your age.

Links to view virtual field trip:

[Click here to view on YouTube](#)

[Click here to view on Vimeo](#)



CONSOLIDATION

These activities and resources are designed to provide opportunities for consolidation of learning for both the educator and the students. Also provided is a letter for parents/caregivers that shares information and possible opportunities for follow-up learning.

EDUCATOR	CLASS
<p>Choose from the following activities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reflect <ul style="list-style-type: none"> • Reflect on the entire virtual field trip series. Are there strategies that you have adopted or would like to adopt into your everyday life? <input type="checkbox"/> Practice <ul style="list-style-type: none"> • Consider re-visiting all the strategies, (breathing, muscle relaxation, visualization, distraction, thought-changing and gratitude), and take some time to practice the activities that you wish to adopt. • Consider trying the following Gratitude Notes activity as part of your morning routine: <input type="checkbox"/> Share <ul style="list-style-type: none"> • Consider sharing this virtual field trip series with a colleague to use with their class! 	<p>Choose from the following activities:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Practice <ul style="list-style-type: none"> • The following link will take you to three different activity cards on gratitude that can be used for consolidation. <p>Expressing Gratitude activities:</p> <ul style="list-style-type: none"> - Everyday Mental Health version (ETFO) - Faith and Wellness version (OECTA) • In virtual field trip #5 we learned about affirmations. Affirmations can partner well with gratitude. Re-visit the four-finger affirmation strategy with this new lens of gratitude. <input type="checkbox"/> Reflect and Discuss <p>If you used Ophea's KWL chart in the Minds On section, re-visit the tool here to record any new information that students learned.</p> <p>Re-visit the strategies learned in the first five lessons (breathing, muscle relaxation, visualization, distraction, thought-changing).</p> <ul style="list-style-type: none"> • Is there an activity from one of the field trips that you have started using regularly? If so, which one and why do you use it? • Have you noticed which strategies, (breathing, muscle relaxation, visualization, distraction, thought-changing) work best for you? • How do you know they are working? <input type="checkbox"/> Share <ul style="list-style-type: none"> • Encourage students to share their favourite strategy with a classmate, friend, or family member!



PARENT/CAREGIVER

Today our class participated in a virtual field trip to learn more about coping with stress, recognizing that stress is a part of life, and that there are strategies to help us cope.

We learned that gratitude is a way of thinking, one that you can practice, develop and cultivate. We also learned that practising gratitude can help us manage stress and bring more positivity to our lives. If you would like to continue the learning from today, here are a few prompts to ask your child.

- What can we do to show gratitude?
- What did you find interesting about what you learned?
- What strategies have you learned that you find helpful when you have big feelings or feel overwhelmed?

For more activities to try at home, check out this set of activity cards from *School Mental Health Ontario*: <https://smho-smso.ca/wp-content/uploads/2020/07/EDMH-ParentActivities-FINAL-EN.pdf>.

You can also access *Ophea's Resources to Support Parents and Caregivers with Health and Physical Education at Home* <https://www.ophea.net/resources-support-parents-and-caregivers-health-and-physical-education-home> and visit *Ophea Open Class* <https://ophea.net/hpe-online-learning/elementary/ophea-open-class> for recorded instructional videos and lessons with guiding reflection questions related to social-emotional learning to support learners at home.

